



I BROKE UP WITH MY BARISTA NOW WHERE AM I GOING TO GET MY COFFEE?

URBAN ETIQUETTE in metroVIEWS

Halifax metro



**HE'S
BACK**
metroNEWS

Your essential daily news | WEDNESDAY, AUGUST 12, 2015

High 20°C/Low 16°C Umbrella weather



CAST AWAY

WHAT A WAY TO SPEND A DAY,
AS MANY IN THE CITY CAME OUT
TO ENJOY THE SUMMER WEATHER

Brian Johnston fishes on the Dartmouth waterfront Tuesday afternoon.
ZANE WOODFORD/METRO

Halifax has it in the bag

GARBAGE

Push to go clear a success, but black bags still on most curbs



Stephanie Taylor
Metro | Halifax

It seems residents in Halifax have received the message about switching to clear garbage bags.

Estimates from the first week-and-a-half's worth of garbage collection show compliance levels of around 80 per cent, according to the general manager of Royal Environmental Inc., which provides waste collection for Halifax, Dartmouth and Cole Harbour.

"It's actually going quite well," Alan Abraham said of the changes Tuesday.

But there's a catch: A majority of the trash collected has

not come in clear bags, but one single black bag, which he explained every household is entitled to use as a privacy bag.

That could either reflect an overall reduction in the volume of household waste or the recent uptick in recycling, which is "the ultimate goal here anyway."

"The black bag is still going to be prevalent on everybody's household from what we can tell right now," Abraham said, adding it could also point to the fact people are simply trying to use up their inventory of black bags.

What is for certain is so far, workers are seeing fewer multiple black garbage bags per home.

Abraham also said the number of bags left behind for falling short of the new regulations has been minimal.

"If a lot of people weren't compliant it would slow us down considerably," he said, adding that collection crews had finished servicing their areas in "record time" on Tuesday.



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Charges laid in fatal collision

DARTMOUTH

Accused said to be driving stolen van



Haley Ryan
Metro | Halifax

Halifax Regional Police say they hope charges laid in connection with a fatal Dartmouth car crash this week helps the victim's family "start with the healing."

On Tuesday, 33-year-old Cecil A. Boutilier of Halifax appeared in Dartmouth provincial court to face multiple charges related to Sunday night's fatal collision at the intersection of Windmill Road and the Victoria Road extension, including dangerous driving causing death and criminal negligence causing death.

Halifax Regional Police spokeswoman Const. Diane Woodworth said a 56-year-old Fairview man's car was hit when a stolen van driven

by Boutilier crossed a median and collided with it after Boutilier failed to navigate a turn around 11:20 p.m.

"He actually went across the grass and slammed into the poor gentleman who was sitting at the light," Woodworth said.

The victim was the only person in the car, and sustained life-threatening injuries in the collision before later dying in hospital.

Boutilier is alleged to have fled the scene of the crash but

was arrested on MacDonald Avenue in Burnside "within minutes" after officers received a report of the collision and searched the area with a K-9 unit, Woodworth said.

She said the van was stolen from a Windmill Road business earlier in the day on Sunday.

She could not comment on the rate of speed the van might have been travelling at the time, but said it pushed the victim's car up onto the front lawn of a nearby business.

The incident is a reminder to always be careful behind the wheel, Woodworth said.

"There's people out there walking and enjoying life and we want that to continue," she said.

Although Woodworth said the quick arrest and charges in the case might not make the situation easier for the family of the victim, it's still "one less thing to think about."

"It's a tragedy," Woodworth said. "At least they can sort of start with the healing, I hope."

+ ALLEGED

Cecil A. Boutilier is charged with dangerous driving causing death, criminal negligence causing death, theft of a motor vehicle, possession of stolen property over \$5,000, failure to stop at the scene of an accident as well as driving while prohibited and breach of probation.

IN BRIEF

Man charged in hit-and-run with pedestrian

A Nova Scotia man is facing charges in a recent hit-and-run in Port Hastings that seriously injured a man.

On Sunday, Inverness County District RCMP arrested 27-year-old Tyson MacDonald from Port Hood.

He has been charged with failure to stop at the scene of an accident and dangerous driving, and will appear in Port Hawkesbury provincial court on Sept. 28.

At about 9 p.m. on Aug. 5, police, paramedics and firefighters responded to a report of a hit-and-run involving a 65-year-old pedestrian. A preliminary investigation determined that the man was struck as he was crossing Highway 4.

The vehicle did not stop and continued eastbound towards Port Hawkesbury.

The injured man, who was from North Carolina, was transported to Halifax hospital for treatment. METRO

Woman punched, kicked

RCMP in Pictou County are asking for the public's help after they say a woman was attacked by a man.

RCMP say that at around 2 a.m. on June 14, a woman was walking down Welsford Street in Pictou near the AEF Building when she was attacked by a man believed to be in his early 20s.

Police say the man punched the woman in the face and then kicked her in the head when she fell.

Anyone with information is asked to call Crime Stoppers. METRO

COURT

British sailors charged in sex assault asking to return to U.K.

A judge has adjourned a hearing until Wednesday for three of four British sailors who are charged with sexually assaulting a woman in Halifax.

The men are seeking a change in their bail conditions and want to return to the United Kingdom, pending a preliminary inquiry scheduled for five days next April in Halifax provincial court.

Simon Radford, Joshua Finbow, Craig Stoner and Darren Smalley were in Nova Scotia to play in a hockey tournament with local Armed Forces personnel when they were arrested in April.

But Crown attorney Scott Morrison said outside court Tuesday that he has concerns about allowing the men to leave Canada.

Lawyers for the three men declined comment after the case was adjourned Tuesday in the Supreme Court of Nova



Crown attorney Scott Morrison outside of court.



Joshua Finbow, Simon Radford and Craig Stoner, back left to right, charged with sexual assault causing bodily harm while visiting for a hockey tournament earlier this year, head to Nova Scotia Supreme Court on Tuesday. ANDREW VAUGHAN/THE CANADIAN PRESS

Scotia.

The Crown alleges the members of the Royal Navy participated in a "group sexual assault" on April 10 inside a barracks at CFB Shearwater, a Halifax military base.

+ BACKGROUND

A publication ban was placed on what was heard in court.

None of the allegations against the four men has been proven in court.

All but Smalley have applied for changes to their bail conditions to allow them to return to the U.K.

The men, who have not yet entered pleas, were permitted earlier this year to transfer from Halifax to CFB Suffield in Alberta where there is a British army training unit.

THE CANADIAN PRESS

ARSON

Man faces charges after vehicle fire

Halifax police say a 39-year-old man faces several charges after officers responded to a vehicle fire.

Police assisted firefighters who doused a vehicle fire on Maynard Street around 10:45 p.m. Monday.

Witnesses told police a man who was observed inside the vehicle just before the fire started, had fled towards Gottingen Street.

A man was arrested shortly

+ MORE INFO

Shawn St. Claire McOnie of Halifax is charged with arson, theft under \$5,000, possession under \$5,000 and three counts of breaching conditions.

after near the scene and taken into custody.

METRO

ROBBERY

Masked men rob pizza restaurant

The RCMP in Halifax say a man has been arrested after a Halifax-area pizzeria was held up at gunpoint.

The robbery happened at Crazy Weasel Pizza on Highway 7 in Lake Echo just after 10 p.m. Monday.

Police say three masked men entered the restaurant and robbed two employees at gunpoint.

There were no customers

in the restaurant, and police say the two employees weren't injured.

The suspects fled the scene, with officers arresting a 19-year-old man a short time later. The 19-year-old remains in police custody, and there's no word on what charges he could face.

Police are still looking for the two other suspects.

METRO

DRUGS

Man, 54, charged with importing painkillers

A Halifax man faces charges for allegedly illegally importing a batch of powerful painkillers into the country.

According to a release issued Tuesday, RCMP in Nova Scotia say that in early July Canada Border Services Agency in Vancouver intercepted a package destined for a home in Halifax that contained 514 grams of acetylfentanyl — a prescription painkiller that has become a popular street

drug. Local police then launched an investigation and executed a search warrant for the residence on Aug. 7.

Richard Dale States, 54, of Halifax was later arrested and charged with importing a controlled substance.

Police said he has since been released on a recognizance and is scheduled to appear in Halifax provincial court on Sept. 24.

METRO

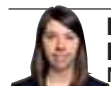


The former St. Patrick's High School on Quinpool Road in Halifax as it appeared last year. JEFF HARPER/METRO

Future of school site may be in your hands

FORMER ST. PATRICK'S

Urban design manager happy with feedback



Haley Ryan
Metro | Halifax

Residents have two more days to weigh in on what they'd like to see happen to the former St. Patrick's High School site on Quinpool Road.

For the past three weeks, the city has accepted 170 online surveys and had staff respond to questions about the 6067

Quinpool property, as part of a new way to gather public opinion on what should happen before having a design from a developer.

"A hundred and 70 people so far online is a big number," said Jacob Ritchie, Halifax Regional Municipality's manager of urban design on Tuesday.

"The content's pretty interesting. This is not a standard 'answer five questions in five minutes' type of survey."

Open until Friday, the survey asks people to rate three design concepts (The Grid, Plaza and Square) based on principles like connectivity, open spaces, neighbourhood character, and creativity of design.

With the feedback and comments about what people would

+ SURVEY

Visit shapeyourcityhalifax.ca to complete the survey before Friday.

like to see happen with the property in a mixed-use development context, Ritchie said city staff will add in the opinions that came from 150 people during a public meeting in July.

The feedback will help staff develop a rough design, that could have elements from all three concepts, to show the community by the end of September, Ritchie said.

He said the 3.5-acre property is expected to be sold some time in 2016.

Ritchie said they had no target number of surveys they wanted to hit since the idea was about collecting "content," not quantity.

This is the first time staff has disposed of property this way by coming to the community first before selling off the land to a developer, Ritchie said, and he hopes it will carry on if the public continues to be engaged.

"We're not saying 'come and say if you like a development or not,' we're saying 'help us design the best 6067 Quinpool possible,'" Ritchie said.

"Something ... that really adds to Quinpool Road and adds to what is going on in that part of Halifax, and not as something that's seen as an imposition."



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A little Italy at King's Wharf

RESTAURANT BUSINESS

Il Trullo brings old country cooking to Dartmouth



Zane Woodford
Metro | Halifax

The days of having to cross the bridge or hop on the ferry for a fine dining experience are over.

Il Trullo Ristorante — a new Italian restaurant — opened Monday overlooking the harbour in the Aqua Vista building at King's Wharf.

"Dartmouth needs a good restaurant," said co-owner Rocco Scarola, standing in the new space Tuesday.

"Just look around at the place. It looks like you're in New York."

Scarola, along with Giuseppe (Beppe) Giardino and silent partner Bruno Lattanzi conceived the restaurant over a glass of wine almost a year ago, and decided there were already enough restaurants in downtown Halifax.

They negotiated a deal with King's Wharf developer Francis Fares, and Giardino's wife, an architect, designed the 150-seat restaurant.

"We are pleased with what we've achieved with this place," said Scarola, who may be familiar to Dartmouthians who remember when Rocco's Italian Restaurant graced the shores of Lake Banook.

Scarola sold the restaurant eight years ago after owning



Giuseppe Giardino and Rocco Scarola. "Just look around at the place," Scarola says. "It looks like you're in New York." ZANE WOODFORD/METRO

it for more than two decades, and he said his new venture is different, though there are similarities: "there was water there; there's water here."

The water is a key feature of Il Trullo, as it was at Rocco's.

The dining room and patio both overlook the harbour,

with a view of downtown Halifax.

And when you walk into Il Trullo, you'll be greeted by Italians.

"We are the only Italians in all of Halifax running restaurants," said Giardino, promising an authenticity you don't



Our menu is more with the new era of food.

Rocco Scarola

get elsewhere.

He and Scarola said the menu will be as Southern Italian as the owners and the name — a trullo is a stone conical hut common in the farmlands of the owners' native Puglia region of Italy — though it will be modernized.

"It's Italian cuisine, but presented in a new way," Scarola said. "Our menu is more with the new era of food."

He said the chef has created new dishes using local ingredients, priced between \$15 and \$18 for pasta, and under \$30 for a main dish.

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FOOD AND DRINK

East Coast Lifestyle shirts once again in Keith's packs

Fans of Alexander Keith's beer will have an extra reason to pick up a case, starting next week.

On Tuesday, Keith's along with popular Halifax business East Coast Lifestyle, said they are partnering for the second year to put exclusive shirts in 28-bottle cases of Keith's IPA.

"Pairing up the two popular Nova Scotia brands has shown very positive results — people have been asking for more, and we're happy to deliver," Keith's spokesman, Wade Keller, said in a release.

This year's T-shirt design fea-

tures a "historic Keith's logo" on the front with the East Coast Lifestyle anchor on the back.

Six original shirts will be available in the beer cases in Nova Scotia, and, for the first time, in Prince Edward Island stores as well.

The T-shirt promotion begins Aug. 17 and will run while supplies last.

Designs vary slightly with one using a vintage version of the Keith's stag antlers with the words Alexander Keith's and

Halifax, Nova Scotia, while another uses the current antler design alongside "A.K. and Son," a historical reference to



Pairing up the two popular Nova Scotia brands has shown very positive results.

Wade Keller

the company. Another version will feature a Keith's label from 1915.

The shirts will come in a variety of colours, the release said.

"We are pumped about the new designs. We think Keith's fans are really going to love them," Alex MacLean, East Coast Lifestyle owner, said in a statement. METRO

6

The number of different shirts that will be available.



The future is unclear for Pictou doctors Aveksha Ellaurie and Imroz Hakim as they wait to hear if Hakim will get an interview for residency through Dalhousie University. NEW GLASGOW NEWS

Doctors' stay in Pictou at risk

HEALTH

Outcome depends on getting residency spot

There's no place like Pictou for Dr. Imroz Hakim and Dr. Aveksha Ellaurie.

The little town has their hearts, captured by the area's beauty and its kind people.

"It's the people that make a place home. Everyone in Pictou is so incredibly nice that it's hard not to love it," Hakim said.

They want to put down roots in Pictou County, but that dream is at risk while they wait to hear if Hakim will get an interview for one of seven residency spots for international medical graduates in the Maritime provinces through Dalhousie University, a necessary step for Hakim to become licensed.

"We're stuck in limbo. We want to settle down. We want

to have a family," said Hakim, who is applying for a residency for the second time.

Without a residency, the couple will likely be moving to wherever Hakim can get a job in her field, despite the fact that Ellaurie already has about 1,400 patients at his practice in Pictou.

"We want stability for ourselves, but we also want stability for Pictou because Pictou doesn't have doctors that are going to stay forever right now," she said.

Hakim, a 30-year-old permanent resident from Buffalo, N.Y., met Ellaurie, 31, while at St. George's University School of Medicine in Grenada, West Indies. They got married in 2014.

Ellaurie, who hails from a small town in Alberta, moved to Pictou in August 2013 after finishing a residency in Cape Breton through Dalhousie University.

Pictou currently has four doctors with another on the way, Ellaurie says, but he believes the town could benefit from more.

+ BACKGROUND

The Department of Health and Wellness funds residency positions through Dalhousie for graduates of international medical schools, but it is not involved in the selection process.

He notes that after two doctors left last summer, they had a difficult few months, working constantly to fill the void.

"I don't want that situation to happen again," he said, adding that it could get worse if they leave or if any Pictou doctors retire.

He said many people are still without doctors.

However, a statement from the Nova Scotia Health Authority contradicts his comments. The health authority said few in Pictou County are without a family physician.

NEW GLASGOW NEWS

DARTMOUTH

Another beach forced to close due to high levels of bacteria

Another summer day, another beach closure in Halifax.

On Tuesday, the city informed residents that Birch Cove beach in Dartmouth would be closed to swimmers until further notice due to higher-than-average bacteria levels

found in the water.

The city said the waters at all municipally owned and operated beaches are tested regularly during the summer and they must meet Health Canada guidelines for swimming.

High bacteria levels can be

caused by a number of factors, such as weather conditions and water flow.

The city said staff will continue testing the waters at Birch Cove until the bacteria levels return to normal.

METRO

POLITICS

Former N.S. cabinet minister Donald McInnes dies at 81

Nova Scotia's Progressive Conservative leader is paying tribute to former provincial cabinet minister Donald McInnes, who died Monday at age 81.

In a statement, Jamie Baillie says McInnes was well respected and dedicated his life

to the people of the province.

McInnes was elected to the legislature in 1978 as the Progressive Conservative member for Pictou West.

He served in several cabinet posts, including as minister of transportation and of agri-

culture and marketing before leaving politics in 1998.

He also served as an executive in several provincial and national agricultural organizations, and was an inductee in the Atlantic Agricultural Hall of Fame. THE CANADIAN PRESS

IN BRIEF

Finance minister to meet with unions before talks

Nova Scotia's finance minister has called a meeting for next Tuesday with the public-sector unions in the province in hopes of

coming up with innovative ways to deal with a marathon round of talks coming this fall.

Invitations were sent Tuesday to representatives of all unions involved in

about 320 collective agreements up for negotiations this year, including health-care workers, paramedics, teachers and public servants. THE CANADIAN PRESS

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SNAPSHOTS SO LONG, SYDNEY The Bluenose II spent two days docked in Sydney Harbour, attracting 872 visitors on Sunday and another 1,524 on Monday. The vessel, shown Tuesday with North Sydney in the background, attracted plenty of interest along shorelines as it departed Cape Breton on its way towards its next stop in Pictou County. **CAPE BRETON POST**

Kings-Hants NDP regrouping

FEDERAL ELECTION

New candidate sought after withdrawal

The local NDP association in Kings-Hants plans to select a new candidate after Morgan Wheeldon withdrew his name this week.

"The Kings-Hants NDP Election Planning Committee met last night and agreed to continue

our commitment to run an NDP candidate in Kings-Hants in this federal election," Kings-Hants NDP president Judy Swift said in an email Tuesday.

"We will meet with the riding association executive, and begin the processes of selecting a new candidate. Further details will be made available in due course."

Wheeldon's candidacy came to an end after a comment he posted on Facebook in a conversation about the conflict in Israel and Gaza was featured on

an attack ad website sponsored by the Conservative Party.

The website quotes Wheeldon as saying "one could argue that Israel's intention was always to ethnically cleanse the region."

Wheeldon, 33, said Monday he is the victim of "nasty, mean-spirited politics."

"I made it extremely clear in that conversation that I don't actually fault either side more than the other, but I was pointing out that the way you look at the issue is influenced by what

information source you use," he said on Monday.

The Kings-Hants NDP association also maintains the controversial quote was taken out of the context of a broader conversation in an attempt to harm Wheeldon's image.

"The remarks attributed to Morgan which led to this resignation were taken out of context, and neither reflect Morgan's full views nor his commitment to the NDP and its platform," says a written post

on Kings-Hants NDP's Facebook page.

That said, the search for a new candidate continues and several Wheeldon supporters are looking for answers, with many expressing concerns that the party prompted a promising candidate to resign.

"There is the central party office and there is the riding association. Alas, they may be at odds," wrote William Zimmerman on the page.

TC MEDIA

+ CONSISTENCY

Brad Lavigne, a senior campaign advisor for the federal NDP, said the comments attributed to Wheeldon regarding the Middle East do not align with the position NDP leader Tom Mulcair articulated in the election debate.

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Actor portrayals.

YARMOUTH

N.S. unveils neighbourhood improvement program

Families in a Yarmouth neighbourhood are getting help to fix the exterior of their homes and revitalize their community.

Housing Nova Scotia Minister Joanne Bernard was in Yarmouth Tuesday to announce more than 180 homes in the south end of town are eligible for grants to improve curb-side appeal.

The program is part of Housing Nova Scotia's Neighbourhood Improvement Initiative.

"People need to feel good

about their surroundings. It is key to building vibrant and healthy neighbourhoods and it's more than bricks and mortar," the minister said. "We are committed to working with our partners to create innovative solutions, and this is a great example of building healthy, vibrant communities."

The improvements will complement work by the Town of Yarmouth. Homes within the designated area may be eligible for grants of up to \$3,000 for projects

such as landscaping, exterior painting and some repairs. Landlords may qualify for \$2,000 in grants per unit, which they have to match.

The town has done improvements in the area such as new decorative lighting on south Main Street, underground services and paving.

"The Town of Yarmouth is thrilled to welcome and support this program," said Mayor Pam Mood at the event. "The process of revitalization goes so much deeper than beautification, it brings communities together, instils a sense of pride and generally enhances the quality of life for residents."

TC MEDIA



We're excited to see the outcomes on every level.

Yarmouth Mayor Pam Mood

Blueberry growers hope to avoid bust

AGRICULTURE

Bad weather had harvesters fearing worst

Blueberry growers in Nova Scotia expect picking to start early next week.

"I will start, I think, around the 15th to 17th, depending on what happens, weather-wise," said John Cameron, who owns fields in East River-St. Mary's.

He said mid-August is typically when the berries are harvested and he believes it will be an average crop.

"Given the winter and spring we had, it's better than I thought it would be."

Jim Wood, who owns 80 acres of blueberry fields in Eden Lake, said his crop is "looking okay. You never know until you start harvesting."

Both farmers said the weather has been a hin-

drance.

"We were late starting in the spring — getting on the fields and getting work done. It threw us back behind the eight-ball," said Cameron, a representative for the Wild Blueberry Association of North America.

"Spring was terrible for weeds in the field due to the amount of rain," said Wood.

The problem with weeds, he explains, is that it's difficult for the mechanical harvester to do its job if too many weeds are growing among the blueberry bushes.

Blueberry farmers bring in bees to pollinate the fruit, and Cameron said pollination could have been better.

"It's good as long as we get some flying days in the spring and straight days in a row. The pollination weather was fairly good."

Despite the weather, Cameron said his plants look healthy and the berries look like they will be a good quality. "All in all, I think it's going to be a good year."

"It looks promising for my fields," said Wood, who is a director of the Wild Blueberry Producers Association of Nova Scotia.

"It looks very good right now. They're getting ripe as I speak."

Cameron said the picking season will likely run until the first week of September, which is normal. "It depends 100 per cent on the weather."

NEW GLASGOW NEWS



COMMUTER TUNES THE PIANO MAN Bob Dukeshire plays an old-time piano ditty for people waiting for the ferry at Alderney Landing on Tuesday afternoon. ZANE WOODFORD/METRO

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Trudeau vows to clean up 'mess'

ELECTION 2015

With Duffy trial on tap, federal leaders take aim against Harper

With the curtain about to rise on the climactic second act of the Mike Duffy trial, Justin Trudeau promised Tuesday to clean up the scandal-tainted Senate, while Stephen Harper set his sights on neighbourhood drug labs.

The Liberal leader vowed to clean up the prime minister's "mess," accusing Harper of leading the "most secretive, divisive and hyper-partisan government in Canada's history."

That mess, of course, is the Senate, and in particular Duffy's trial, which was scheduled to enter its most explosive phase Wednesday with none other than Nigel Wright, Harper's former chief of staff, as the first witness.

Wright is the man who provided Duffy with \$90,000 of his own money to repay his disallowed housing and travel



Liberal Leader Justin Trudeau speaks to supporters during a 2015 federal election campaign stop in the riding of Papineau in Montreal on Tuesday. Prime Minister Stephen Harper's tough-on-drugs policy announcement on Tuesday was likely used to score points against Trudeau, who has already pledged his support for legalizing marijuana. GRAHAM HUGHES/THE CANADIAN PRESS

expenses. The former Conservative senator has pleaded not guilty to 31 charges including fraud, bribery and breach of trust.

Trudeau, determined to keep the Conservative scandal

top of mind for Canadians, spoke Tuesday of transparency, saying it would be a fundamental principle in a Liberal government.

He also promised to bring in a merit-based appointment

process to the Senate.

Harper, meanwhile, tried to avoid being drawn back into the Duffy fray with yet another policy announcement — his fifth with the 11-week campaign still in its infancy.

+ ITINERARY

Where the leaders are:

- Prime Minister Stephen Harper's itinerary was unavailable.
- Liberal Leader Justin Trudeau's itinerary was also unavailable.
- NDP Leader Tom Mulcair is scheduled to be in Quebec.
- Green Party Leader Elizabeth May will be in Squamish and North Vancouver, B.C.

Harper promised a 20 per cent increase in funding — to almost \$27 million a year — to help the RCMP target marijuana grow-ops and meth labs and another \$500,000 a year over four years on a national toll-free hotline for parents to get information about drug use among the country's youth.

NDP Leader Tom Mulcair, however, was more interested in Harper's travel itinerary, in particular the fact he was

getting as geographically far away from Ottawa as possible.

"I do find it interesting that Mr. Harper has decided to try to hide out in the North Pole during the Mike Duffy trial this week," Mulcair said.

"On a whole series of subjects, Mr. Harper has said one thing and its opposite in the Mike Duffy affair. You can't say one thing and then its opposite and have them both be true. A lot of that is going to be catching up with Mr. Harper this week. He can run but he can't hide."

Mulcair later confirmed he would participate in a bilingual Munk Debate on foreign affairs, after having said he would only be there if Harper was and if there would be an equal number of debates in both official languages.

Confusion, however, continued to reign Tuesday. The Conservatives have agreed to participate, and while the Liberals have said they would be there on Sept. 28, they have yet to confirm their attendance.

Green party Leader Elizabeth May was not invited.

THE CANADIAN PRESS

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DUFFY TRIAL

Ex-chief of staff in court

The moment has arrived for Nigel Wright to fill in the blanks on his controversial dealings with Sen. Mike Duffy, but the prime minister's former chief of staff won't be the only one with fresh details this week.

With Wright beginning his testimony Wednesday at Duffy's fraud, breach of trust and bribery trial, the defence team is expected to soon release hundreds of internal emails exchanged with Stephen Harper's key people.

Back on the first day of the trial in April, defence lawyer Donald Bayne threw that thick binder of evidence down on a courtroom table with a loud thump — a teaser of things to come. The full transcript of Wright's 2013 interview with police has also yet to be seen publicly.

Wright arrived Saturday in Ottawa from London, where he is a managing director with Onex Corp. A source close to Wright said the former chief of staff is ready for a full airing of the circumstances around his secret \$90,000 payment of Duffy's improper living and travel expenses in 2013.

Wright takes his duty to the trial process seriously, said the source, speaking on condition of anonymity because they weren't authorized to discuss the matter.

Wright's mere presence at the trial, combined with the new exhibits, will breathe new life into a scandal that embroiled a number of people close to Harper — as well as some of his top Senate appointees — smack in the middle of an election campaign.

Harper has maintained he knew nothing about Wright's payment before it emerged in the media. But the scandal has also revolved around the political culture inside Harper's office and the efforts of his staff to make Duffy's expense controversy go away.

THE CANADIAN PRESS



Nigel Wright.
THE CANADIAN PRESS FILE

What you need to know as Mike Duffy's trial resumes

SENATE SCANDAL

Nigel Wright's testimony may give Harper's foes fodder



Michael Woods
Metro | Ottawa

The Mike Duffy trial returns from a seven-week hiatus with a bang on Wednesday. Star witness Nigel Wright, Stephen Harper's former chief of staff, is expected to take the stand at the Elgin Street courthouse. Here's a refresher on what you need to know as the suspended senator's trial resumes.

What has happened so far?

Duffy is facing 31 charges including bribery, fraud on the government and breach of trust. The trial spanned 36 days this spring, then went on hiatus for seven weeks.

Testimony thus far has revolved around expenses Duffy claimed related to his residence in Kanata (which he claimed was his secondary residence), travel and other expenses related to consulting contracts.

What happens now?

Starting Wednesday, the trial turns to the matter of the infamous \$90,000 cheque Wright wrote to cover Duffy's inappropriate housing expenses. When the payment came to light in May 2013, it led to Wright's departure from the PMO and the most significant political firestorm of Harper's time as prime minister.

It remains unclear whether Wright resigned or was dis-



Sen. Mike Duffy is seen arriving at an Ottawa court in June. Nigel Wright, Prime Minister Stephen Harper's former chief of staff, is expected to take the stand Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS FILE

missed; Harper has given both explanations, and did not directly answer a question on the matter when asked at a campaign event in Markham on Tuesday.

The RCMP investigated Wright but dropped its investigation in April 2014, saying the evidence did not support laying criminal charges.

What could we learn?

Wright hasn't said much publicly about the case. But according to documents filed by the

RCMP, Wright wrote in a February 2013 email that the prime minister was "good to go" with a plan to have the Conservative Party repay Duffy's housing expenses. However, Harper denied saying those words when asked about them on Sunday.

"The words you are quoting are not my words. They are somebody else's," he said.

In a May 14, 2013 email to colleagues, Wright wrote "the PM knows, in broad terms only, that I personally assisted Duffy when I was getting him

to agree to repay the expenses."

Questions abound exactly how much Harper knew. We may find out more details about both of these instances.

What does the prime minister have to say about this?

Harper has continued to deny any advanced knowledge of Wright's payment to cover Duffy's denied housing expense claims. He did so again Tuesday morning.

If Wright's testimony differs at all from that, it could spell

trouble for the prime minister.

What does this have to do with the election?

The timing of Wright's testimony — falling during Week 2 of an 11-week election campaign — is coincidental.

But it could be unfortunate for the Conservatives, with Harper facing questions about details of Wright's testimony on the campaign trail, and the details potentially giving the NDP and Liberals fodder for attacks on the Conservatives.

DRUGS

655 deaths linked to opioid fentanyl

The RCMP is working with the United Nations and China to dampen the influx of the dangerous opioid fentanyl onto Canada's streets, but one high-level investigator expects the overdose problem to increase.

Health officials across Canada are urging jurisdictions to collaborate to combat the drug linked to at least 655 deaths between 2009 and 2014.

Fentanyl is a white powder that's easily disguised, tough to expose and in high demand

by those with addictions, said Cpl. Luc Chicoine, the RCMP's national drug program co-ordinator.

Chicoine said it's being smuggled into the country in many ways, from inside shaving kits on passenger planes, to couriers, to gangs importing shipments in commercial containers.

Police have been unable to confirm the drug's primary origin.

THE CANADIAN PRESS

IN BRIEF

Reservist dies at range

The military says a reservist died Monday during training at the Gagetown military base in New Brunswick. A news release says Samuel Nadeau was in the training and range area when he died. It says the incident is under investigation by the Canadian Forces National Investigation Service and that no foul play is suspected. Nadeau joined the 8th Canadian Hussars in January 2015.

THE CANADIAN PRESS

LAWSUIT

Knife found in man's back three years later

A man from the Northwest Territories has filed a lawsuit against health officials claiming they failed to find a knife blade buried in his back for three years.

Billy McNeely has said that he went to the health centre in Fort Good Hope following a fight at a house party in 2010.

Staff stitched him up and sent him home, although he continued to have back pain and set off metal detectors.

The lawsuit says McNeely

returned to the health centre and later visited the Yellowknife hospital with recurring pain, but nothing was found.

In 2013, after McNeely woke up in bed to find something poking out of his back, doctors dug out a blade measuring seven centimetres long.

The lawsuit names the Sahtu Health and Social Services Authority, the Stanton Territorial Health Authority, four doctors and two unknown nurses.

THE CANADIAN PRESS



Talia Pisano stands in her room at Lurie Children's Hospital in Chicago. Talia is getting tough treatment for kidney cancer that spread to her brain. She's also getting a chance at having babies of her own some day. CHRISTIAN K. LEE/THE ASSOCIATED PRESS

Giving children a shot at fertility

HEALTH

More than 30 babies have been born via tissue-freezing

Barely two years old, Talia Pisano is getting tough treatment for kidney cancer that spread to her brain. She's also getting a chance to have babies of her own someday.

To battle infertility sometimes caused by cancer treatment, some children's hospitals are trying a futuristic approach: removing and freezing immature ovary and testes tissue, with hopes of being able to put it back when patients reach adulthood.

It has worked in adults, with more than 30 babies having been born to women who had ovarian tissue removed in adulthood, frozen, and put back after treatment for cancer or other conditions.

But the procedures are still experimental in pre-pubescent children. There are challenges to making immature eggs and sperm from removed tissue suitable for conception.

Still, fertility researchers hope to refine the science while the first set of children whose tissue has been frozen grows up.

Families like Talia's are clinging to that optimism. The dark-eyed toddler who loves princesses and play-dough had an ovary removed and frozen in April. She was treated for kidney cancer last year but when it spread, doctors started harsher treatment including brain radiation.

"It seemed very new and pretty amazing that we can do something like this and help her in a bigger way," said her mom, Maria Pisano, of Griffith, Ind.

"It definitely brought some peace" and raised hope for Talia's future, Pisano said.

Doctors face a delicate balance in broaching the idea of yet another medical procedure when families have been hit with a horrible diagnosis and difficult treatment plan. The tissue-removing surgeries are typically done while a child is being sedated for another reason.

"We try to be thoughtful about the fact that their main focus and ours is on the survival of the child," said Dr. Erin Rowell, a surgeon at Chicago's Lurie Children's Hospital, where Talia is being treated.

"That often is the one piece of information that gives them a glimmer of hope," she said.

A baby boy in Belgium makes scientists think they're on the right track. He was born to a woman who at age 13 had ovarian tissue removed before undergoing harsh treatment for sickle cell anemia. Doctors believe she had signs of puberty when the

tissue was frozen, according to a recent medical journal report. Ten years later the tissue was thawed and was grafted onto her remaining ovary. She gave birth last November.

She is the youngest person to date to have had success. Although her eggs were likely more mature than those of prepubescent girls, the results are "super exciting," said Dr. Jill Ginsberg of Children's Hospital of Philadelphia, a pioneer in the field.

Dr. John Lantos, bioethics chief at Children's Mercy Hospital in Kansas City, Miss., says offering children the experimental fertility-preserving procedures poses no ethical issues "as long as there's informed consent."

After the tissue is removed, some is stored in liquid nitrogen for the patient's future use and some is sent to a central research lab at Northwestern University in Chicago, where scientists are studying ways to make it work.

THE ASSOCIATED PRESS

"It definitely brought some peace."

Maria Pisano, Talia's mother



Mikey Richert, 10, plays a video game at his home in North Brunswick, N.J. Mikey was diagnosed with a brain tumour.

MEL EVANS/THE ASSOCIATED PRESS

FERGUSON, MO.

Police, public worried about militia's return

The return of an armed militia group patrolling the streets of Ferguson drew criticism Tuesday from both protesters and the county police chief overseeing security amid ongoing demonstrations marking the anniversary of 18-year-old Michael Brown's shooting death.

St. Louis County Police Chief Jon Belmar said the overnight presence of the Oath Keepers — a group comprised of past and present members of the military and police officers —

wearing camouflage bulletproof vests and openly carrying rifles and pistols along West Florissant Avenue, was "both unnecessary and inflammatory."

The St. Louis suburb was the focus of months of massive protests and sometimes violent unrest last summer after the killing of Brown by a white Ferguson police officer, which sparked a national protest movement and a fierce debate over how police treat minorities. THE ASSOCIATED PRESS

IN BRIEF

Possible missile fragments found at MH17 crash site

Dutch prosecutors said Tuesday they have found what could be parts of a Buk missile system at the site in eastern Ukraine where Malaysia Airlines Flight 17 crashed last year. This is the first time prosecutors have confirmed possible physical evidence of a missile bringing down the plane and killing all 298 passengers. THE ASSOCIATED PRESS

Amnesty approves policy to decriminalize sex trade

Amnesty International ap-

proved a controversial policy Tuesday to endorse sex trade decriminalization, rejecting complaints from some women's rights groups who say it is tantamount to advocating the legalization of pimping and brothel owning. THE ASSOCIATED PRESS

Egyptian heat wave kills 42

A heat wave in Egypt turned deadly this week, killing at least 42 people, including a German resident, patients in a psychiatric hospital and detainees, officials said Tuesday. THE ASSOCIATED PRESS

CALIFORNIA

Residents evacuate as new wildfire erupts

For the second time in as many weeks, residents had to evacuate their homes after a new wildfire erupted near a destructive blaze that has been burning for days in Northern California's rocky hills north of San Francisco.

The new blaze, which erupted Sunday several miles away from the community of Lower Lake, had burned 23 square kilometres by Monday, the California Department of Forestry and Fire Protection said.

Evacuations were ordered after

the fire doubled in size overnight.

Authorities couldn't say how many homes were evacuated or how many people were told to be prepared to flee. The fire was burning about 160 kilometres north of San Francisco.

Meanwhile, firefighters have nearly surrounded the larger blaze that started about two weeks ago and burned 280 square kilometres.

That fire destroyed 43 homes, but all evacuations have been lifted. THE ASSOCIATED PRESS

Critics wary of Iran deal

INTERNATIONAL RELATIONS

Many doubt U.S. can catch any 'cheating' on agreement

Iran's intelligence agencies have penetrated CIA front companies, executed Western agents and captured a sophisticated U.S. drone.

So why should anyone believe American intelligence officials when they express confidence that they can monitor Iran's compliance with the just-completed nuclear agreement?

The main reason, according to a classified joint intelligence assessment presented to Congress, is that the deal requires Iran to provide an unprecedented volume of information about nearly every aspect of its existing nuclear program, which Iran insists is peaceful.

That data will make checking on compliance easier, officials say, because it will shrink Iran's capacity to hide a covert



Secretary of State John Kerry testifies in July before the House Foreign Affairs Committee hearing on the Iran nuclear agreement. ANDREW HARNIK/ THE ASSOCIATED PRESS

weapons program.

"We will have far better insight (into) the industrial aspects of the Iranian nuclear program with this deal than what we have today," James Clapper, the director of national intelligence, told an audience last month at the Aspen

The intelligence community can rarely guarantee, 'We're going to find the secret site.'

David Albright, former weapons inspector

Security Forum.

Outside experts don't dispute that. But they question

— considering past blunders of U.S. intelligence in the Middle East — whether American

spying will really be able to detect every instance of Iranian cheating.

"The intelligence community can rarely guarantee, 'We're going to find the secret site,'" said David Albright, a former weapons inspector who heads the Institute for Science and International Security.

"They have found them before in Iran and that's good, but I think they are going to have to do more work and bolster their capabilities to find secret sites in Iran in an environment when Iran is taking counter measures against them."

Congress is expected to vote next month on a resolution rejecting the agreement.

The United States, Russia, China, Britain, France and Germany reached the agreement with Iran on July 14 that would curtail its nuclear program in exchange for billions of dollars in relief from economic sanctions.

As part of that deal, Iran agreed to disclose nearly every element of its nuclear supply chain.

THE ASSOCIATED PRESS

IN BRIEF

Illinois man pleads guilty to terrorism charge

A man has pleaded guilty to a terrorism charge for attempting to join al-Qaida-affiliated fighters in the Middle East. The FBI arrested Abdella Ahmad Tounisi Tounisi in 2013 after he contacted undercover agents through fake extremist websites.

Tounisi said, "I wanted to go to Syria to fight with Jabhat al-Nusra." He faces a maximum 15-year prison sentence.

THE ASSOCIATED PRESS

Rare recording of 'I Have a Dream' speech found

An English professor has unveiled a recording of what he says is the first time Martin Luther King Jr. said "I Have a Dream" in a public speech. Months before the civil rights leader gave his famous address at the March on Washington in 1963, he was fine-tuning his message in other venues.

Jason Miller says he discovered the recording in a library in Rocky Mount, N.C.

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Greece pledges swift vote to approve bailout deal

ECONOMY

Harsh terms include sale of assets, deep spending cuts

Greece agreed to harsh terms for a new three-year bailout Tuesday and vowed to push it through parliament this week, despite mounting dissent in the ruling left-wing party.

With the country facing the risk of a debt default next week, Prime Minister Alexis Tsipras had sought to speed up the talks and get approval of a deal this week.

After Greece and its creditors reached an accord on the main points on Tuesday, Tsipras called for an emergency session of parliament for a vote late Thursday.

Greece needs to start tapping the new bailout — worth 85 billion euros (\$93 billion US) — so that it can make a key debt repayment next week and secure its future in the euro.

The draft agreement forces Tsipras to accept what he had vowed to resist only months ago: the sale of some state property and deep cuts to pensions, military spending and ending tax credits to people considered vulnerable.

Officials in Athens and the European Union said a few issues were left to be ironed out Tuesday.

"We are very close. Two or three very small details remain," Finance Minister Euclid Tsakalotos said as he emerged Tuesday morning from all-night discussions with creditors.

The European Commission, a key negotiator in the talks,



A man reads a newspaper outside a shop in the main meat market of the northern Greek port city of Thessaloniki, Tuesday. Greece has agreed on the broad terms of a new three-year bailout package with creditors. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

confirmed the progress. Annika Breidhardt, the Commission's spokeswoman for economic affairs, said the details were expected to be cleared up later.

Dissenters in Tsipras' left-wing Syriza party, who want to end bailout talks and return to a national currency, promised to fight the deal, describing it as a "noose around the neck of the Greek people."

Tsipras requested an end to the summer recess to allow for

the two-day approval procedure and to get a vote before a meeting of eurozone finance ministers on Friday.

The agreement still requires approval from higher-level rep-

resentatives, and senior finance officials from the 28 EU nations were holding a conference call Tuesday.

Germany, the largest single contributor to Greece's two

previous bailouts and among the toughest negotiators so far, remained cautious on the timing for a final deal. "We will have to examine the results that come in the course of today," deputy finance minister Jens Spahn told n-tv television.

Investors cheered the news of progress. Greece's govern-

ment borrowing rates fell, a sign investors are less worried about a default. The two-year bond yield dropped by 4.2 percentage points to 14.73 per cent. The Athens Stock

Exchange, which reopened recently after being shut for five weeks during the most severe part of Greece's financial crisis closed up 2.1 per cent.

Cash-strapped Greece needs more money by Aug. 20 at the latest, when it has a debt repayment of just over three billion euros to make to the European Central Bank.

The government insisted it has also gained key concessions from lenders: greater control over labour reforms, avoiding a "fire sale" of state assets, and softer deficit targets.

THE ASSOCIATED PRESS

STOCKS

Hackers tied to insider trading

An international web of hackers and traders was charged by U.S. authorities Tuesday with making \$100 million US by breaking into the computers of business newswire services, reading corporate press releases before they came out, and then trading on that information ahead of the pack on Wall Street.

Nine people in the U.S. and Ukraine were indicted on criminal charges, including securities fraud, computer fraud and conspiracy. And the U.S. Securities and Exchange Commission brought related civil charges against the nine plus 23 other individuals and companies.

The nine charged with criminal offences include two people described as Ukrainian computer hackers and six stock traders, all but one of them in the United States. Prosecutors said they made \$30 million US from their part of the scheme.

At the same time, the SEC brought a lawsuit that lays out a sprawling network of hackers and traders stretching from the U.S. to Russia and Ukraine, France, Malta and Cyprus, all accused of using the stolen advance information to make illegal trades.

Authorities said that starting in 2010 and continuing as recently as May, the hackers gained access to more than 150,000 news releases that were about to be issued by Marketwired of Toronto; PR Newswire in New York; and Business Wire of San Francisco.

The defendants then used roughly 800 of those news releases to make trades, exploiting a time gap ranging from hours to three days, prosecutors said.

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“We are very close. Two or three very small details remain.”

Finance Minister Euclid Tsakalotos

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Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

SIX@6 LAST NIGHT:

- 6 R. City ft Adam Levine
Locked Away
- 5 Jason Derulo
Cheyenne
- 4 Ed Sheeran
Photograph
- 3 Selena Gomez ft ASAP Rocky
Good For You
- 2 Demi Lovato
Cool For Summer
- 1 The Weeknd
Can't Feel My Face

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market minute

DOLLAR
76.31¢ (-0.61¢)

TSX
14,414.67 (-51.72)

OIL
\$43.08 US (-\$1.88)

GOLD
\$1,107.70 US (+\$3.60)

NATURAL GAS: \$2.844 US (+0.2¢)
DOW JONES: 17,402.84 (-212.33)

AIRLINES

Low-fare Spirit posts worst on-time record

If you get on a Spirit Airlines flight, there's a 50-50 chance that your flight will be late.

Spirit, a low-fare carrier with a clientele of mostly leisure travellers, had by far the worst on-time performance in June among 14 airlines tracked in a government report.

Only 49.9 per cent of its flights arrived within 15 minutes of schedule, which is the government's definition of being on time.

United Airlines had the

second-worst rating, at 66.3 per cent on time.

Overall, airlines covered by the U.S. Department of Transportation report operated 74.8 per cent of their flights on time in June, up from 71.8 per cent in June 2014.

Hawaiian Airlines, which benefits from many short flights in mostly good weather, finished on top, with 90.5 per cent of its flights landing on time.

THE ASSOCIATED PRESS

IN BRIEF

Ex-intern sues Olsen firm

A former intern has sued Mary-Kate and Ashley Olsen's licensing and manufacturing company, Dualstar Entertainment Group, saying she worked 50 hours a week but wasn't paid. Shahista Lalani says she worked from May to September 2012. The lawsuit claims interns were misclassified as exempt from minimum wage requirements. The now 29-year-old twins founded the company when they were six.

THE ASSOCIATED PRESS



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metro VIEWS

Your essential daily news

Wednesday, August 12, 2015

metro's election explainer

Your candidate can live in Toronto but run in a B.C. riding. What gives?

THE FACTS

Unlike senators, who must reside and own property in the province they represent, members of Parliament have to make their home somewhere in Canada, but not necessarily in the riding or even the province they vote for in the House of Commons. In practice most places elect local candidates. In the U.S., members of the House of Representatives, the equivalent of our House of Commons, must be "inhabitants" of the state they represent, broadly defined. (They

don't have to own property or have lived there for a particular length of time).

But for Canadian candidates, it's about who you're for, not where you're from.

Think of a junior hockey team: the players get popular support by playing their hardest for the hometown

fans, whether they grew up around the corner from the rink or in a Swedish fishing town.



THE HISTORY

The lack of a residency rule has come in handy for parties looking to seat a new leader. In 1990, Jean Chrétien won leadership of the Liberals — but he wasn't an MP. A Liberal member resigned his Quebec seat and Chrétien won it in a byelection. Green Party Leader Elizabeth May, who is from Cape Breton, N.S., shopped for a riding she could win. She ran in London, Ont. in 2006, in central Nova Scotia in 2008, and finally scored a seat in 2011 in environmentally friendly Saanich—Gulf Islands, B.C.

THE CONTROVERSY?

Canadians haven't balked at voting for candidates who hail from far-flung environs, as long as the party of their choice wins the seat. The most prominent example is the Prime Minister: Though Toronto-born and raised, Stephen Harper's economic conservatism and support of the energy sector

put him right at home with voters in Calgary Centre.



The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

URBAN ETIQUETTE: ELLEN VANSTONE ON A BREWING BREAKUP



THE QUESTION

After months of flirting with my barista, we finally started dating. Unfortunately, it ended badly. There's nowhere else convenient for me to pick up my morning java. Advice?

sounds of it) dump him, and now you're miffed because his broken heart might inconvenience your morning routine?

OK, perhaps I'm being too hasty. Maybe your heart was broken. Maybe he used and abused you, dragged your tender feelings through the mud and tossed you aside like a soggy coffee filter — limp, stained, your innards suitable only for composting.

But for anyone in such a state, the mere idea of waltzing back into the store would probably be enough to cause a total nervous breakdown. So I'm going to assume here that you were not terribly upset by the breakup, and that he was.

Let me start by saying that it's nobody's fault when a relationship ends. If the romance were meant to be, it would be. Only a fool wants to date someone who's not into them. Only a moral coward dates someone they fundamentally don't want to be with. And

only loathsome busybodies judge other people for ending relationships, whatever their reasons. (As a veteran of all three ridiculous positions, I know whereof I speak.)

The question is, when you say it ended "badly," are we talking about how he felt? Or about how you behaved? It's never going to end well when one person is in love and the other person is not. But it can end on a level playing field, with a shred of dignity intact on both sides, if the breaker-upper is honest about their feelings and intentions.

If you broke up fair and square with this person, you have nothing to be ashamed of. Hold your head high, sally forth into your 'Bucks and order your coffee with impunity. If your appearance is going to cause real pain to your ex, you might consider going without your morning java for at least a few weeks out of consideration for another

If you broke up fair and square with this person ... hold your head high and order your coffee with impunity.

human being's feelings. (And if you're serious about the co-workers adding extra-special ingredients to your brew, then, yes, do avoid the place completely.)

But if you behaved badly, dishonestly, cavalierly or disrespectfully before, during or after the breakup, I have to tell you that etiquette dictates total self-banishment from your local Starbucks. As a misguided relationship ruffian, you will have to get your (presumably iced) coffee elsewhere for the foreseeable future.

Need advice? Email Ellen
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Nothing's strange about seeking sanctuary in a church



There aren't many good reasons to leave a slow, Sunday-afternoon barbecue on your friend's rooftop deck.

But a friend told me I should go. I was having a sad day, and she knew it would help.

"I already had my yoga and meditation this morning," she said with a half-smile. "You can come right back."

So I did. At the last possible moment, I got on my bike and headed to church.

St. Peter's is a large stone church, set back from the street, surrounded by lawns and gardens. You pass through three sets of thick wooden doors and emerge into a large, echoing chamber.

I was late. The church was half-empty, warm and dark, the sun muted through stained-glass windows. The pianist hadn't shown, and so instead a woman stood at the edge of the altar, singing alone into the microphone, her voice ringing off the vaulted ceilings and over the smattering of people in the pews.

I closed my eyes to listen to that sound — a single voice on stone.

Churches, to me, have a particular feeling. The air is calm. Little is demanded of me once I'm inside. It's similar to standing by the sea, floating in a lake or hiking in thick woods.

It's a sanctuary. It's a com-

fort. Sometimes, that comfort is small.

Sometimes it's vast. On Sunday, I entered sunken, and I left elated, lifted.

Everyone at the barbecue knew I'd gone to mass — the host and hostess, a couple I don't know well, other friends — and when I got back, no one blinked.

"How was mass?" they asked, and I told them about the singing. "Do you feel better?" one friend asked. Immensely.

On Sunday, I entered sunken, and I left elated, lifted.

I arrived just as the sausages and chicken skewers came off the grill and onto a table crowded with salads, corn and fresh olive bread.

It wasn't long ago that I realized my friends don't just respect my faith. To a degree, they understand it.

They understand the impulse for comfort. The impulse for calm.

It surprised me the first time one of them suggested, when I was having a bad day, "You should go to church." Sometimes, it still does.

Then I remind myself there's nothing strange about it. Who couldn't use a sanctuary?

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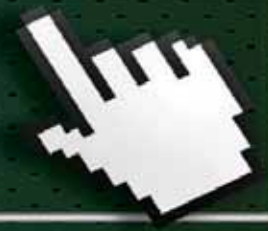


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2013 CHEVROLET MALIBU A/C, Alloys, On-Star, 4-Dr Sedan 38,166 km, Call 902-484-2331 GREEN LIGHT DARTMOUTH	2012 TOYOTA COROLLA 4-Dr Auto Sedan, A/C, Pwr L/M 62,567 km, Call 902-484-2331 GREEN LIGHT DARTMOUTH	2014 CHEVROLET CRUZE LT Turbo Edtn, Backup Cam, Rem Start, Ecoflex 17,639 km, Call 902-484-2331 GREEN LIGHT DARTMOUTH	2012 HYUNDAI ACCENT GL Edtn 5-Dr Hatch w/Active Eco, A/C 95,069 km, Call 902-484-2341 GREEN LIGHT HALIFAX	2012 NISSAN SENTRA PURE DRIVE Edtn, A/C, Alloys, Pwr W/L/M, 84,030 km, Call 902-484-2341 GREEN LIGHT HALIFAX	2011 VOLKSWAGEN JETTA 1-Owner! VW Certified! Trendline Plus Edtn, 74,394 km, Call 902-483-2790 HILLCREST VOLKSWAGEN
2011 VOLKSWAGEN JETTA LOW KMS! 1-Owner! Trendline Plus! VW Certified! 42,964 km, Call 902-483-2790 HILLCREST VOLKSWAGEN	2012 KIA FORTE EX Edtn 4-Dr Auto Sedan, Alloys, A/C, Pwr W/L/M, 76,418 km, Call 902-484-2333 HYUNDAI DARTMOUTH	2014 CHEVROLET CRUZE LT Turbo Edtn, Auto, 4-Dr Sedan, Backup Cam, 19,524 km, Call 902-404-2338 INFINTI NISSAN	2014 HYUNDAI ACCENT GLS Edtn 4-Dr Auto Sedan, Active Eco, Sunroof, 43,546 km, Call 902-484-2338 INFINTI NISSAN	2012 NISSAN SENTRA 2.0L, 4-Dr Auto Sedan 37,252 km, Call 902-484-2338 INFINTI NISSAN	2011 NISSAN SENTRA CVT Auto 4-Dr Sedan, A/C, Alloys 30,328 km, Call 902-484-2338 INFINTI NISSAN
2012 FORD FIESTA SE Edtn 5-Dr Hatch, Alloys, A/C, Pwr W/L/M, 69,481 km, Call 902-484-2339 LEXUS TOYOTA	2012 FORD FOCUS TITANIUM Edtn 4-Dr Sedan, Bluetooth 131,034 km, Call 902-484-2339 LEXUS TOYOTA	2011 TOYOTA COROLLA 4-Dr, Man Shift Sedan, GAS METER!! 73,410 km, Call 902-484-2339 LEXUS TOYOTA	2012 NISSAN ALTIMA 2.5S CVT 4-Dr Sedan, Push Button Start 96,144 km, Call 902-484-2332 NISSAN DARTMOUTH	2012 NISSAN SENTRA 2.0S CVT 4-Dr Sedan, Alloys, Spoiler 56,635 km, Call 902-484-2332 NISSAN DARTMOUTH	2013 HYUNDAI ELANTRA GT 6-Spd, 5-Dr Hatch, Alloys, Sunroof 56,610 km, Call 902-484-2332 NISSAN DARTMOUTH
2010 SUBARU LEGACY 2.5i PREMIUM AWD, Alloys, Paddle Shifters, 184,498 km, Call 902-484-2332 NISSAN DARTMOUTH	2013 CHEVROLET CRUZE LT Turbo Edtn Sedan, A/C, Cruise Control, 60,840 km, Call 902-484-2338 TOYOTA DARTMOUTH & SON	2013 MAZDA 3 iSV Edtn, A/C, Pwr W/L, Keyless Entry 67,647 km, Call 902-484-2338 TOYOTA DARTMOUTH & SON	2012 TOYOTA COROLLA CE Edtn w/Convenience Pkg 67,988 km, Call 902-484-2338 TOYOTA DARTMOUTH & SON	2009 HONDA FIT Man Shift 5-Dr Hatch, Keyless Entry, A/C, 108,216 km, Call 902-484-2334 KIA DARTMOUTH	2011 TOYOTA COROLLA 1-Owner, CE Edtn 4-Dr Sedan, LOW LOW KMS! 66,968 km, Call 902-484-2334 KIA DARTMOUTH

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"Every night I light a candle that he stays in the race until Sept. 8. But I also hope that nobody gets that candle too close to his hair."

— Stephen Colbert, on Donald Trump's presidential bid

Street food is ancient history

DINING ON-THE-GO

Grabbing lunch at the taco stand? The Romans did easy eats first

Grabbing something hot and tasty on the move? You have the ancient Romans to thank. "Street food" was their invention, generally enjoyed with wine, gambling or even prostitutes.

Food on the go was an integral part of daily life in the empire, from nibbling on salted peas while watching gladiators battle in the Colosseum, to grabbing a sausage or fried fish snack after a dip in Rome's famed baths.

Feeding an empire of some 50 million people was no mean feat, as an exhibition in the Italian capital sets out to show in conjunction with Milan's 2015 Universal Exhibition on the themes of food and agriculture, running until the end of October.

Food scarcity could trigger uprisings or even topple leaders, a risk Emperor Augustus (63 BC to 14 AD) was unwilling to take. He made

importing wheat, oil, wine and other foodstuffs a top priority, changing the face of Roman dining.

Breakfast of Romans

A typical day kicked off with the **jentaculum**, or breakfast — salted bread, dried fruit and eggs washed down with milk or wine.

That was followed by a quick **prandium**, or lunch, grabbed at the **thermopolia** — forerunners of fast food restaurants — or **popinae**, wine bars frequented by the lower classes where customers could grab a bite, dabble in a bit of gambling, or pop upstairs for some sex.

Dining on peacock tongues

Following an afternoon's work or session at the thermal baths, the rich would throw sumptuous banquets, dining on anything from peacock tongues to baked dormice.

The rest of the population supped on fresh vegetables, stews and, occasionally, meat.

"The logistics deployed by the

Romans to feed themselves is fascinating," said Orietta Rossini, curator of the Ara Pacis exhibition, emphasizing how hard it was to keep happy a capital of one million people — the biggest in history before the industrial revolution hit London.

The key lay in turning conquered Egypt into the empire's granary and ensuring wheat was transported cheaply to Rome all year round.

Our daily bread

Private shipowners would carry up to 500 tonnes of wheat between Alexandria and Rome under the strict supervision of the state in an early example of today's partnerships between the private and public sectors, Rossini said.

This made the emperor "the sole distributor of daily bread, the only one responsible for the supply of provisions." Augustus boosted his popularity by distributing 35

EMPERORS' VEG

Asparagus for Augustus



The wealthy may have gone out of the way to impress with exotic dishes, but the Roman empire's leaders were fond above all of fruit and vegetables: Emperor "Tiberius loved cucumber, while Augustus loved asparagus," exhibition curator Orietta Rossini said.

kilos of wheat a month free to 20,000 citizens — free men over 17 years old.

Egypt's role was

later passed on to the empire's African provinces, with grain shipped from Carthage in Tunisia to Rome's Ostia port in just three days and nights. Wine, sold at rock-bottom prices, was also imported, along with oil and meat.

Who gives a fig?

Samples of carbonized foodstuffs discovered during excavations at the ancient town of Herculaneum — destroyed along with Pompeii by the eruption of Mount Vesuvius in AD 79 — are on display at the exhibition, including wizened Roman-era figs.

The much-lauded "Mediterranean diet" began here: broad beans, peas, lentils and onions went in stews, with pine nuts, dates and almonds thrown in. Cumin, coriander, sesame and mint seeds were used to spice up dishes.

The globalization of food-

stuffs seen in today's supermarkets was already in action, with wine imported from Gaul and Cyprus, oil from Andalusia, honey from Greece and prized **garum** — the fermented fish sauce which drove Romans crazy — from Portugal.

Chicken rare as hen's teeth

Food was such an important commodity that Emperor Diocletian, who ruled from 284 to 305, imposed price controls. But some dishes remained beyond the household budget for some — with chicken a particularly expensive and rare treat.

While a baker would on average earn 50 pieces of silver a day, he would have to spend 60 to buy two chickens, 30 for a half a litre of Falernian wine from the Bay of Naples, 12 for 300 grams of pork and four for 25 figs. AFP

COLOSSAL BITS AND BITES

The ancient Romans would snack on salted peas while watching gladiators at the Colosseum.

ISTOCK



COCKTAILS

These ice pops give summer a delicious boozy kick

Elodie Noel
Metro in New York

Summer heat just begs for a refreshing treat in any form. Well, we had an even better idea: Why not combine the best of the season's fresh fruits and delicious cocktails into a delicious treat. It even comes on a stick.

However, we've got some disappointing news for those of you hoping to get drunk on the sly with one of these healthy ice delights.

"You can't add too much in the way of alcohol to frozen treats as they won't freeze," says Morgan Greenhalgh, author of The Drink Blog.

His advice: "While they are kind of fun, I think the most ideal way to enjoy them is by having one and a cocktail on the side."

That's an opinion shared by Jacquee Stephens, the blogger behind I Sugar Coat It.

"Popsicles are a refreshingly cool summer treat that



These Harissa Bloody Mary pops are deliciously cool on a hot summer's day. HANDOUT

appeal to the kid in all of us," she says.

"They evoke such wonderful childhood memories. As an adult, pairing them with a favourite alcoholic drink really creates the best of both worlds."

Molly Yeh, founder of the



They evoke such wonderful childhood memories

Morgan Greenhalgh

Lick your liquor

aply named food blog My Name Is Yeh, particularly enjoys the aspect of eating your alcohol slowly, nibble by nibble.

"For someone with a low tolerance, it's probably good that brain freeze stands in the way of me accidentally

having my drink too quickly."

So get to the farmer's market, bring that lovely produce home and turn it into something beautiful and delicious.

And here's a sweet tip: To get the pops out easily, place frozen moulds under warm running water.

RECIPE

Harissa Bloody Mary Pops

Tomatoes don't get any fresher than in August. These ice pops have the signature salty spiciness of a Bloody Mary, which can be a bit odd at first, but they are refreshing, healthy and give you just the right amount of buzz to make dessert extra fun.

Ingredients:

- 2 cups tomato juice
- 1/2 cup vodka
- 2 cloves garlic, smashed
- 3/4 tsp celery salt
- 1/2 tsp sugar
- 1/2 tsp harissa powder
- 3/4 tsp Worcestershire sauce
- A squeeze of lime juice
- A few turns of black pepper

Directions:

Whisk all ingredients together. Pour into popsicle moulds or 3-oz Dixie cups. Freeze for 20 minutes. Insert popsicle sticks and freeze for two more hours. Serve with celery stalks (and an extra vodka shot) and enjoy!

MULTI-COOKER

A doodad worth making space for

WORD OF MOUTH

Theresa Albert

myfriendinfood.com



I am the lucky recipient of all kinds of whack for my kitchen, but, given that it is small and I am a not a fan of countertop doodads, I am very selective.

I had to be talked into trying out the new to-the-market Philips multi-cooker and the logic went like this: it replaces your steamer, slow cooker and rice maker.

Plus, it can bake and make yogurt. Yeah right, says my inner skeptic.

Well, in the last 24 hours, I have used it to make chicken cacciatore, bake a dark chocolate blueberry chia cake, and steam a head of kale. I am about to make yogurt, just for fun and because organic milk was on sale.

The difference between this appliance and a slow cooker is its range of temperatures.

You need a very high and quick heat to sauté the onions and celery for the soups and stews but a low heat to coddle

milk for yogurt.

You need even heat with steam evaporation to bake.

I have given away my other appliances, switched around my kitchen countertop to accommodate and I am looking for other applications for such a useful, multi-purpose tool.

- At the cottage or on the boat. This multi-cooker allows you to walk away and spend all day and it won't heat up the cabin like an oven would.

- At university, where time and money are tight and it's an opportunity to avoid crap food.

- For seniors who may want to batch cook and freeze food on sale but don't want to be in the kitchen cleaning dishes. (Like my mom, whose birthday it is today!)

Word on the street is that we are indeed making healthier choices and trying to cook at home.

The learning curve here is minimal and the benefits massive. That ought to help.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food



IN BRIEF

Cookbook teaches single guys to cook, maybe get a date

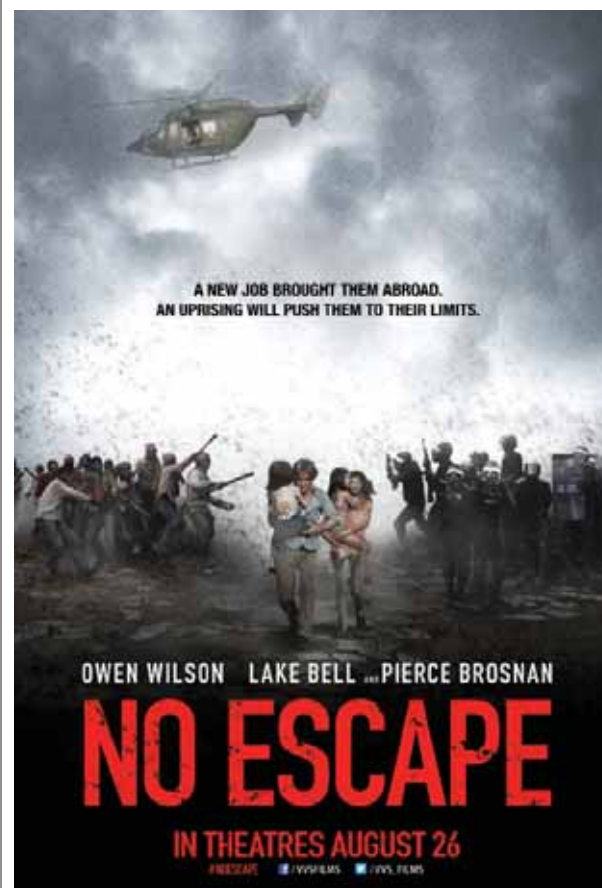
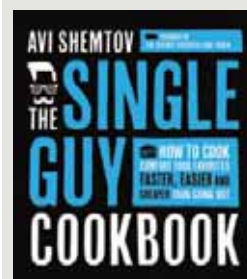
Single and looking? If you're a guy who's willing to do some cooking, Avi Shemtov has you covered.

Admittedly, Shemtov's initial attempt to feed dudes on the prowl read a bit too much like the love child of Rachael Ray and a Craigslist Casual Encounters ad.

But mostly the book is an enticing collection of comfort food designed for the solo fellow willing to put a little effort.

Shemtov doesn't dumb it down. The recipes — which include everything from waffle-battered chicken tenders to potato gnocchi and kielbasa-based spaghetti carbonara — aren't difficult, but they are real.

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New Maxima flaunts size, sizzle



THE CHECKLIST | 2016 NISSAN MAXIMA

THE BASICS

Type. Full-size, four-door, FWD sedan
Power. 300-hp 3.5-litre V6
Transmission. CVT automatic
Price. Base \$35,900 (plus destination)

NOTABLE FEATURES

- Driver Attention Alert system alerts driver when drowsy and/or inattentive
- Around View Monitor with moving object deception
- NASA-inspired "Zero Gravity" seats for initial softness and long-term comfort



POINTS

- No "stand-alone" options, just four distinct trim lines — SV, SL, SR, Platinum — each with distinct features and personalities
- Increased fuel efficiency through lightness and underbelly aerodynamics
- Exterior design channels the vibe of the cockpit of an aircraft jet fighter

MARKET POSITION

- Largest sedan in the Nissan portfolio, historically pitched as the "Four-door Sports Car"
- Prime target is Generation X, 45-year-old father striving for good work-life balance
- Positioned in "progressive premium" subset of large-car segment

THE COMPETITION



Chrysler 300
 Base price: \$38,159



Ford Taurus
 Base price: \$28,284



Toyota Avalon
 Base price: \$38,185

REVIEW

Nissan makes a strong case for the large car



Mike Goetz
 Metro | Canada

Cars are losing favour to crossovers, and none more so than the big sedans from the mass-market brands. Sales have shrunk considerably.

So when it came time to build another all-new Maxima, Nissan could have gone a number of ways, anything from totally reinventing it to appeal to a different and larger crowd, to maybe not even making another Maxima, and letting Altima and Infiniti Q50 cover the territory, which they somewhat do already.

In the end, Nissan chose an interesting strategy. This 2016 Maxima is much like previous generations, in that it's still big, still V6-only powered, and still only front-wheel drive, in an era where everything new now seems to go with turbo fours and some kind of AWD system. But it's changed, too — with dramatic styling inside and out, and with some new and meaty and interesting technologies, all of which conspire to give the car an appealing "over-engineered" vibe.

An abbreviated list of some of the new engineering bits include the first use of 1.2GPa high-strength steel in a Nissan sedan, a new-generation CVT (transmission) that feels very much like a geared transmission; an Active Noise Cancellation system to

quell bad noises and an Active Sound Enhancement system to enhance good noises; and Drive Attention Alert, which learns a driver's steering patterns to determine deviations and warns drivers of their possible weariness behind the wheel.

I was fresh and juiced up on caffeine when I had my first fling with this new Maxima, so the Alert system's Coffee Cup icon didn't light up in the gauge cluster. All models have a "Sport" and "Normal" drive-model selector to sharpen steering and shift points, but our tester was the SR model, which also enlists active braking and suspension to help the sporting cause.

No question this is a fast car, a fun car to control behind the wheel, and a deserving descendant to the Maxima's legacy as the "four-door sports car."

The seating and driving position could hardly be better. A new aspect of the intriguing interior design is to tilt the console seven degrees toward the driver (as in the Nissan GT-R).

The interface has a new touchscreen panel that responds to finger-swiping, and a new controller with some added features. Everything works intuitively, though you always take a second or so to decide which way to go — touchscreen or controller.

The back seat is absolutely great and voluminous for two. Three can go back there, but the middle person will kvetch.

Not sure any large sedan will keep people from running to the crossovers, but the 2016 Maxima is a wonderful car and will reward those who remain faithful to the genre.

DRIVING FORCE

Cleaning up highway debris a co-ordinated effort

Jill McIntosh
 For Metro

If something can go in or on a truck or trailer, then it can also fall off it. That can pose a serious hazard to other motorists, but it can be just as dangerous for the crews whose job it is to clean the highway up.

"It's really about traffic control, and then picking up the object after the traffic is controlled," says Bob Doupe, maintenance superintendent for the

Ministry of Transportation's office in Whitby, Ont. "It's done in a manner that's also safer for the travelling public."

Cleanup crews go out in a pickup truck to retrieve objects. On a smaller highway, it's often enough to put out a sign warning of road work ahead.

But on a multi-lane highway, there must also be a crash truck. In addition to its flashing lights and directional arrow, it also has a crash attenuator, which sticks out the back and absorbs energy if a vehicle runs into it. This happens with surpris-

ing frequency. "Being in those crash trucks is a dangerous job," Doupe says.

The crash truck diverts traffic out of the lane so the crew can pick up the debris. The operation always starts at the shoulder, so cars can only pass the crew on one side. If the item is in a middle lane, extra crash trucks or police officers will be called in to close successive lanes,

starting at the shoulder.

If it's too far out from the shoulder, or if the debris covers too many lanes, the crash trucks and police will initiate a "rolling stop." Starting well ahead of the problem, they'll block all lanes by driving very slowly and keeping traffic behind them until the crew has the mess cleaned up.

This can present a problem, Doupe says, when drivers at the

back of the jam finally get to the trouble spot. They don't see the debris that's been cleaned up, and think that workers have closed the highway for nothing. "Sometimes they'll throw stuff at the crew, in addition to the insults," he says.

If you see debris on the road, call the police, who will alert the cleanup crews. And if something falls off your vehicle, never run into traffic to pick it up. People have been killed doing that, even when objects are close to the shoulder, so call for help and wait for the crew to show up.



A crash truck diverts traffic on the highway so crews can clean up debris.

JILL MCINTOSH/FOR METRO

SLOW YOUR ROLL
 When you see a cleanup crew, slow down, obey the arrows, and give workers plenty of room for safety.

Special Delivery: Mazda CX-3

What test car is Garry bringing us this week? We literally have no clue until it lands in our driveway, but who are we to doubt Garry Sowerby, who has a bazillion Guinness records for around-the-world driving? That's a bazillion more than we have, after all. Come along for the ride as we deliver real-life, no-glam reviews.

JEFF MELNYCHUK WHEELBASE MEDIA

There isn't one sane humanoid who will tell you that they don't like the look of the Mazda CX-3.

If they do, don't trust them. Call the police. They're from another planet.

Looks aren't everything, of course, but if you're going to shell out 25-30 grand on anything, it had better make you smile. And Garry is smiling quite a bit after dropping off the new CX-3.

Why? It's just a fantastic piece of sculpture. I say "sculpture" since it looks like someone artfully slashed away at a raw piece of steel with a straight razor to arrive at its perfect proportions and perfect shape. And in blue? Wow.

The CX-3 could be considered a hiked-up Mazda3 hatchback, in much the same way a Subaru Crosstrek is a hiked-up Impreza. They look like rough-and-tumble playthings, but their all-wheel-drive systems, for most people, will merely serve to save their butts in questionable conditions.

Why miniature 4x4 wagons are all the rage these days is no surprise. Their four-cylinder engines and small stature provide a good mix of fuel economy and keep the vehicle price from creeping into the world of personal bankruptcy. They still hold four people in decent comfort. Cargo space is on the thin side, even when compared to similarly sized vehicles such as the old Pontiac Vibe, which you can fit a bicycle into. Not so much with the CX-3. Is this the price to be paid for long and lustful second glances? It seems to be, although the all-wheel-drive system is no doubt responsible for taking up some room.

Still, I managed to load in a pile of eight-foot-long deck boards, saws, hammers, and assorted screws and beverages, and close the hatch. For small jobs, who needs a pickup truck?

One of my two interior beefs involves the plastic pop-up piece that shows your speed. This seems like a stop-gap measure because the speed is also buried at the bottom of tachometer. There is no speedometer dial, just the digital readout, and in an automatic-transmission car, I would take a speedometer over a tachometer, any day. Form should lose to function, here.

The second beef is with



Coke-bottle lines on the Mazda CX-3 ... refreshing. This one's a fantastic piece of sculpture, writes Jeff Melnychuk. ALL PHOTOS WHEELBASE MEDIA

+ LET'S TALK

WOW: Who says all the cars look the same? This is the best one in Mazda's stable; sporty drive.

HMM: Just OK on fuel; choppy like a shopping cart over cracks; lots of choice in this price range; short on rear knee room and cargo; needs a proper speedometer; hard plastic in the wrong spots.



Grill trim blends into (as in the inside of) the headlights.



One dial, but a tachometer and not a speedometer?



Gun sight not really needed if we had a proper speedometer.



Holds a saw and boards, but it's tight in there.



Get used to it; it doesn't retract.



Artsy with mystery metal and hard plastic in the wrong places.

the interior materials. It should be a given that all surfaces the driver routinely touches be soft and of high quality. The knee padding on the console is plush, which is great, but the door-top trim is hard plastic and causes actual physical torture when you rest your elbow there. Yet the dash top, which you seldom touch, is soft and squishy. It makes no sense.

But the rest of the car does, although for all the boasting about "Skyactiv" engine/transmission technology, fuel economy is still all about how heavy your lead foot is. With just 146 horsepower from the one-and-only 2.0-litre engine, the CX-3 requires some pushing to get

moving. The top-end GT trim tested here (starting at 31 grand, including freight) has standard all-wheel-drive and is rated at "up to" 7.3 l/100 km, although I clocked about 10.9 in combined city/highway driving. Front-wheel-drive versions are rated better by 0.6 l/100 km. Possibly attainable if you drive under the speed limit — thereby provoking insanity in everyone around you — but possibly attainable.

From a practical standpoint, stiff competition will come from roomier vehicles such as the new Honda HR-V, but that vehicle is no match for the CX-3 in the looks department. And for many people, that's where they'll put their money.

2015 Jeep Renegade

Is it possible to build a small tall wagon that's actually off-road capable? And can a brand that's now owned by Fiat do it? The Jeep Renegade, first shown at the motor show in Geneva, Switzerland, is small enough to be sold all over the world and it also gives the company what it calls its first entry in the "small SUV" segment. **JEFF MELNYCHUK** WHEELBASE MEDIA



DESIGN

Taking a cue from the past

The Renegade apparently tries to channel Jeeps of old with many styling cues and play-rough features. Cool geometric trim shapes can be found outside and in.



ROOF

A little natural air conditioning

The Renegade has optional removable roof panels for safari-like expeditions.

THE RUNDOWN

1 Engines

Under the hood is a 160-horsepower 1.4-litre turbocharged four-cylinder and a 184-horsepower 2.4-litre non-turbo four-cylinder.

2 Contingency plan

Tow hooks are here, with skid plates underneath.

3 Sitting taller

The ride height is increased by two centimetres over the base Renegade.

4 Going vertical

The nose and tail protrude less for scaling steeper grades.

5 Wheels

The car features 17-inch all-terrain tires.

6 Not afraid to get wet

A Trail Rated Renegade can ford (wade through) standing water up to 50 centimetres deep, which is about this high up on the bumper.



TRAIL RATED

A Trail Rated Jeep has to pass a series of company performance tests in five categories: ground clearance; traction; water fording; articulation; and manoeuvrability.

SOURCE: JEEP

TRANSPORTATION AND ENERGY

Ford moves on Smart Mobility with car-sharing, e-bikes

Ford is getting into the car-sharing and electric-bike business as part of CEO Mark Fields' effort to transform the automaker into a more holistic provider of transportation options, reports Automotive News.

The company has announced a pilot car-sharing program that invites 26,000 Ford Motor Credit Co. customers in six U.S. cities and London, England, to offer their vehicles for short-term rentals.

It also unveiled a new battery-powered bike aimed at urban commuters that folds and can be recharged while being stored inside any Ford vehicle.

The Peer-2-Peer Car Sharing Program and MoDe:Flex bike represent the next phase of Ford's Smart Mobility plan.

WHEELBASE MEDIA



MILESTONE

Model S drivers hit one billion miles

California electric-car automaker Tesla says drivers of its Model S sedan have now accumulated one billion real-world road miles (1.6 billion kilometres) around the globe.

To put that distance into perspective, Tesla equates it to "4,186 trips to the moon" or "a 2,000-year road trip." Covering those miles electrically, it adds, prevented about 520,000 tonnes of carbon dioxide from being added to the atmosphere, and displaced "10 years of pumping gas."

Tesla recently reported its best-ever quarter, selling 10,030 cars in January to March of this year.

WHEELBASE MEDIA

Malibu sheds some pounds

REDESIGN

Chevrolet's 'strength training program' rids 150 kg

The next-generation Chevrolet Malibu midsize sedan will have more interior space and close to 150 kilograms less than the current model, the company says. The 2016 Malibu is expected to go on sale before the end of this year. Parent company General Motors says its engineers aggressively addressed two of the current car's main deficiencies, namely its cramped back seat and high weight compared to competing vehicles. The Malibu will be built on an entirely new chassis with nearly 10 centimetres more distance between the front and rear wheels. Combined with the lighter weight of the vehicle, the ride and handling should improve. Chevrolet engineers put the new Malibu "on a strength training program, making it sweat out a pound here and a gram there."



TEXT AND IMAGES BY WHEELBASE MEDIA

+ BATTERY PACKS

Energy storage in Mercedes-Benz's future
Mercedes-Benz plans to enter the energy storage business, saying it has been testing lithium-ion battery packs for light industrial, commercial and home applications.

The individual battery packs can be "stacked" or combined to provide more storage capacity for a given site.

Through its ACCUotive subsidiary formed in 2009, Mercedes-Benz — itself a subsidiary of German

industrial giant Daimler — has reportedly already delivered more than 60,000 lithium-ion cells to customers.

The possibility of Daimler jumping into the energy-storage market, relatively soon after California electric vehicle startup Tesla's move into home storage, indicates just how big a business energy storage could become over the next few years, suggests alternate vehicle website Green Car Reports.

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news



POWER

Solar bike path shows promise

Dutch company SolaRoad reports that a 70-metre test section of bike path embedded with solar panels near Amsterdam is producing more power than was originally expected. The bike path has already generated 3,000 kilowatt hours of electricity, enough to power a single-person Dutch household for a year. SolaRoad has ambitious plans for its concept, envisioning solar roads as not only a way to generate power, but also a real-time mechanism to monitor traffic using embedded sensors, and to possibly guide self-driving cars. SolaRoad reportedly built the demo bike path at a cost of \$3.7 million US.

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Whether Moose or Shark, Meier giving it his 'best'

HOCKEY

Swiss forward a clear leader for rookies with Herd



Kristen Lipscombe
Metro | Halifax

Halifax Mooseheads forward Timo Meier has had some major life moments lately.

But what has been affectionately dubbed "Timo time" by green and red fans is likely far from over.

In fact, it's only just started for the 18-year-old from Herisau, Switzerland, who was drafted ninth overall by the San Jose Sharks at the 2015 NHL Entry Draft in June. He hits the ice at Cole Harbour Place starting Wednesday for Mooseheads training camp.

"I'm really looking forward to getting on the ice tomorrow with the guys," the six-foot, 209-pound player said Tuesday evening at a team meet and greet, following registration for the 40 Herd hopefuls at this year's camp.

Meier returned to Halifax to start his third season with the Mooseheads about two weeks ago, although he'll return to San Jose for the NHL club's training camp in early fall.

"I want to get better every



Timo Meier notched 17 goals and 17 assists in 66 regular-season games last season. He was drafted ninth overall by the San Jose Sharks this past June. JEFF HARPER/METRO

day," he said, "and I want to be prepared for the NHL camp."

But while he's here, Meier said his mind is on being a Moose.

"It's still a long way to play in the NHL, so I'm here right now, and that's all I'm focusing on," he said.

"No matter what team I'm going to be playing on, I'm trying to give my best."

Meier notched 17 goals and 17 assists for 34 points in 66 regular-season games last season, as well as one goal and three helpers for four points in 12

post-season games.

He comes into the 2015-16 season as a clear leader on and off the ice for the Mooseheads, with rookies such as forward Arnaud Durandau and defenceman Walter Flower looking to him and other veterans for guidance.

"I'm very excited," 16-year-old Durandau, drafted seventh overall at the 2015 QMJHL Entry Draft, said Tuesday.

"I think I'm a very fast player, I can score some goals, too," the Beaconsfield, Que., native said of what he hopes he'll bring

for Halifax, a city he saw for the first time upon arrival for training camp.

"I'm very offensive, so hopefully I can help out with that," Durandau added. "Hopefully, I can play here this year, and have a great year."

Flower, also 16, is more familiar with Halifax. He's from Yarmouth, after all, and idolized the Mooseheads having grown up in Nova Scotia.

"Watching them as a kid, I always wanted to play for this team," Flower, drafted 26th over-

+ SCHEDULE

MOOSE CAMP Wednesday-Friday

9 a.m. — Team Red practice
10 a.m. — Team Green practice
4 p.m. — Intrasquad game
* All practices and intrasquad games are open to public free of charge at Cole Harbour Place.

PRE-SEASON GAMES

Saturday, 7 p.m. — Home game versus Cape Breton at Halifax Forum
Sunday, 4 p.m. — Road game against Moncton at Red Ball Internet Centre
Aug. 22, 7 p.m. — Home game versus Charlotte-town at Rath Eastlink Community Centre in Truro
Aug. 23, 4 p.m. — Road game versus Cape Breton at Emera Centre Northside in North Sydney
Aug. 29, 7 p.m. — Road game versus Cape Breton at Centre 200 in Sydney
Sept. 3, 7 p.m. — Home game against Cape Breton at Halifax Forum

all by the Herd, said Tuesday.

"Just to have the chance ... is awesome."

NFL

Teammate punches, breaks Smith's jaw

Geno Smith's hopes for a break-out season with the New York Jets took a major blow — to the jaw.

The quarterback will be sidelined at least six to 10 weeks with a broken jaw after being punched by teammate Ikemefuna Enemkpali in the locker-room Tuesday morning. Smith, entering his third season, required surgery to repair the injuries.

Coach Todd Bowles made the stunning announcement in an impromptu news conference before training camp practice was scheduled to start.

Enemkpali, an outside linebacker in his second season, was immediately released by the Jets. Bowles said Smith and Enemkpali got into an "altercation" in the Jets' locker-room Tuesday morning.

"It had nothing to do with football," Bowles said. "It was something very childish, and he got cold-cocked, sucker-punched — whatever you want to call it — in the jaw."

Bowles wouldn't go into detail about the nature of the altercation, except to say: "It was something very childish, that sixth-graders could have talked about. It had no reason for happening."

Smith, who was having a good training camp, will be sidelined for the rest of the summer and likely for the first few games of the season. The season opener at home against Cleveland on Sept. 13 is five weeks away.

"Depending on how surgery goes, we'll see where we go from there," Bowles said.

Bowles said the Jets could add another quarterback, but it appears veteran Ryan Fitzpatrick will assume the starting job.

THE ASSOCIATED PRESS



Geno Smith
GETTY IMAGES



Ikemefuna Enemkpali
THE ASSOCIATED PRESS

MLB

Jays beat A's for ninth straight win

Jose Bautista hit his 27th home run of the season to back a stellar outing from Drew Hutchison and the Toronto Blue Jays beat the Oakland Athletics 4-2 on Tuesday for their ninth straight victory.

Hutchison (11-2) went seven strong innings, giving up two earned runs while striking out six and walking two. The right-hander, who came into the game with a 5.42 earned-run average, threw just 82 pitches, 59 for strikes. THE CANADIAN PRESS



Drew Hutchison
CARLOS OSORIO/TORSTAR NEWS SERVICE

IN BRIEF

Bouchard served first-round exit at Rogers Cup

Canadian Eugenie Bouchard has been eliminated from the Rogers Cup after losing to Switzerland's Belinda Bencic.

Bouchard lost 6-0, 5-7, 6-2 in her first-round match Tuesday night on centre court in Toronto.

The 21-year-old from Westmount, Que., has now lost her first match in eight of her past 10 WTA tournaments, and 13 of her past 15 matches overall. THE CANADIAN PRESS

FIFA

Montagliani joins reform task force

Canada Soccer president Victor Montagliani is joining Francois Carrard's FIFA reform task force.

Carrard, who helped oversee cleaning up the IOC after the Salt Lake City bidding scandal, will chair a group leading reforms of soccer's corruption-hit governing body and Montagliani is one of 12 officials that have been picked by the six soccer continental confederations, plus two chosen by World Cup sponsors.

THE ASSOCIATED PRESS



Victor Montagliani
FRANCOIS LAPLANTE/GETTY IMAGES



Canada wheelchair basketball player Abdi Dini practises last week in Toronto.
DANIEL OTIS/TORSTAR NEWS SERVICE

Dini a key member of Canada's family

PARAPAN 2015

Wheelchair baller's life and outlook inspires team

When Canada's men's wheelchair basketball team breaks from a huddle, the players touch arms in their version of hands-in.

The reigning Paralympic gold medallists will tell you they are as close as any family, their teammates like brothers. And for Abdi Dini, that means just a little bit more.

The 34-year-old hasn't seen his parents since he was 12, when his dad Mahamoud and mom Anab sought better health care and a brighter future for their son, putting him on a plane from Somalia to live with an uncle in Toronto.

Almost two years earlier, in a country embroiled in civil war, Dini was struck by a stray bullet during school recess and became a paraplegic.

"First with his disability, that's tough enough," said Canada's coach Steve Bialowas, who has coached Dini since he was 16. "He has his uncle, but it's tough especially as a teenager, he hasn't seen his parents since. I think his club team and now with Team Canada, you become his family."

Canada has a strong tradition in wheelchair basketball and

will be looking to defend gold at the next summer's Paralympics in Rio.

The men are 2-0 in the eight-team Parapan Am tournament, which is a qualifier for Rio. They opened with a 102-27 rout of Venezuela before cruising to a 74-55 victory over Mexico. They were scheduled to face undefeated Argentina on Tuesday night.

Canada's women's team improved to 3-0 record on Tuesday afternoon with an 82-51 win over Brazil.

Dini grew up a fan of the game. He lists Kobe Bryant as the person he'd "most like to have lunch with" on his Canadian team bio. He admires the Los Angeles Lakers star's "competitive nature," he said.

But Hall of Famer Oscar Robertson, he said, is his all-time favourite player and the person he'd want to model his game after.

Dini was helping out with his high school team when a teacher suggested he look into the wheelchair program at Variety Village in Toronto's east end.

Longtime Canadian teammate Adam Lancia likes to tell the story of arriving at the gym that first day to see Dini, sitting in a chair that was several sizes too big for him, nonchalantly draining shots from beyond the free-throw line.

"He just had a natural sense for this game," Lancia said.

Dini was featured in a Sportchek "My North" commercial. His friends would tell him

+ GAME SYSTEM

Wheelchair basketball features a point system from one to 4.5, based on a player's functional ability. The lower the number, the more severe a player's disability is.

Dini is a one-point player, meaning he has less functional ability than virtually every one of his teammates. But you'd never know it by the fluidity with which he moves and the ease with which he can knock down shots.

they'd seen it on the Jumbotron during Toronto Raptors games. His parents have watched it online and "think it's pretty cool."

He couldn't have imagined the hard road from Somalia would lead him to where he is now: the star of a commercial, a Paralympic gold medallist and a key member of the Canadian team playing in front of noisy, packed crowds at the Parapan American Games.

"You never really think this might happen," Dini said. "But you do think about your dreams, things you want to accomplish in life." Bialowas called Dini a "quiet leader." "He's very passionate, a man of very few words but he's very passionate, and the guys love him," the coach said.

He's also the last person they'll hear complain. "If you ask him what he thinks about having his disability, the first thing he says is 'There are people who have it so much worse than I do,'" Lancia said. "He's just that kind of guy."

THE CANADIAN PRESS



He's very passionate, a man of very few words but he's very passionate, and the guys love him.

Canada wheelchair basketball coach Steve Bialowas

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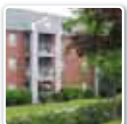
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RECIPE Shrimp-Stuffed Avocado Shells



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

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Ready in

Prep time: 10 minutes

Serves 4

Ingredients

- 2 ripe avocados
- 1/3 cup light mayonnaise
- 2 tsp Worcestershire sauce
- 2 Tbsp chili sauce (Heinz)
- 6 oz baby shrimp, defrosted and cooked, with excess liquid squeezed out
- 1/2 cup finely diced red bell pepper
- 2 Tbsp finely chopped green onions or chives

Directions

1. Slice avocados in half and

scoop out pulp. Chop and place in bowl.

2. In another small bowl, mix mayonnaise, Worcestershire sauce and chili sauce.

3. Set aside four shrimp for garnish. Chop remaining shrimp and add to avocado with bell peppers and green onions. Gently fold in mayonnaise mix to avocado.

4. Spoon filling back into avocado shells. Garnish with remaining shrimp.

Nutrition per serving

- Calories 230
- Protein 11g
- Carbohydrates 14g
- Fibre 7g
- Total fat 16g
- Saturated fat 2.5g
- Cholesterol 65mg

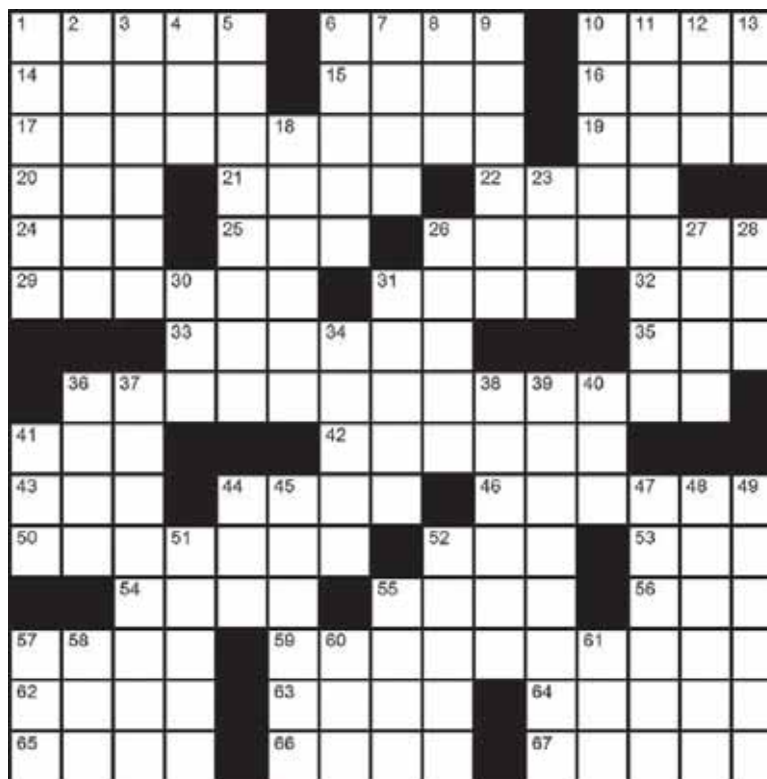
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Coffee brand est. 1896 in Vancouver
6. Officially choose
10. Meaningful
14. Muse of love poetry in ancient Greek mythology
15. Ken of "thirtysomething"
16. ...happily _ after.
17. Best friend of #36-Across played by Dana Carvey: 2 wds.
19. 'Father' in France
20. White House nickname
21. Legendary singer Ms. James
22. "... Chef America"
24. Not 'twas
25. Aug. and Sept.
26. Type of Terrier dog, cute-style
29. Orders takeout: 2 wds.
31. Ahhs friends
32. Feminine 'one' in French
33. City in Washington state
35. East Coast ocean, for short
36. "Saturday Night Live" character Mike Myers brought to the silver screen: 2 wds.
41. Jewel
42. Actress Charlize
43. Rainbow's shape
44. Fertilizer



46. Yield
50. Money put into a bank account
52. Twice a single, for short
53. U2 rock producer Brian
54. Rushed letters in the office

55. Angry, _ off
56. Ex-Bruin Bobby
57. _-Cola
59. Everyone knows about it even though it's supposed to be hush-hush: 2 wds.
62. "Star _"
63. Typeface

64. Heighten
65. Waitress on "Alice"
66. Marshes
67. Police squads, e.g.

DOWN

1. Invalidate
2. Saudi _

- Cruise's co-star in "Oblivion" (2013)
8. Ms. Carrere, Mike Myers' co-star as per #36-Across
9. Improve
10. The Home _
11. Ultimate
12. 'Mountain' suffix
13. Prior
18. Now!: 2 wds.
23. Iceland band, Sigur _
26. Dishonour
27. Global, briefly
28. Tubular fish
30. Swine spot
31. Nebraska city
34. Eight-member music ensemble
36. "The Way We _" (1973)
37. _ _ _ _ (Car in which #5-Down was played in the 1992 movie, as per #36-Across)
38. Investigations
39. Huge rocks
40. 'Differ' suffix
41. _ about (Rove)
44. NFL's land
45. Swindle
47. City in Illinois
48. Rioting reason
49. Rich cakes
51. City of Honshu in Japan
52. Auto shop repairs
55. State for Memphis, for short
57. CBC rival
58. Portland, _
60. The Raven poet's surname
61. Crow cry

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Jupiter in the work area of your chart is sure to mean extra responsibilities, but if you tackle them in the right spirit and do the best job you can you will make a good impression. Get to it.

Taurus April 21 - May 21
The last thing you want now is to waste energy trying to persuade other people to do things your way. It's what YOU do that counts, so do something that makes the world sit up and take notice.

Gemini May 22 - June 21
Some sort of domestic strife is likely today but, at the same time, you are feeling extremely good-natured, so it should be easy enough to deal with.

Cancer June 22 - July 23
You won't lack for social invitations today but if you show your face too often you will begin to lose your rarity value. Even if you are not a celebrity as such you should act like one.

Leo July 24 - Aug. 23
There have been a lot of ups and downs in your life of late and you would no doubt welcome a little stability. That will come later but for now there is another roller-coaster situation you have to deal with.

Virgo Aug. 24 - Sept. 23
You cannot be the life and soul of the party every day. Now that Jupiter is moving through your sign you will find it easier to use the magic word more often. That word is "No."

Libra Sept. 24 - Oct. 23
This is a good time to look back at your efforts over the past few months and learn from both your triumphs and your failures. Your attitude is so positive now that nothing can hurt you emotionally.

Scorpio Oct. 24 - Nov. 22
You rarely, if ever, change your opinions once your mind is made up but over the next few days you will find yourself questioning some of the things you have come to believe.

Sagittarius Nov. 23 - Dec. 21
Jupiter in the career area of your chart means you will attract the attention of people in positions of power. You could soon be moving up in the world.

Capricorn Dec. 22 - Jan. 20
Get out into the world and explore. If you have shut yourself away in recent weeks you must now go right the other way and let everyone know that you still exist!

Aquarius Jan. 21 - Feb. 19
You have so many options to choose from now it may be a bit confusing. You are strongly advised to go with the option that provides you with the greatest amount of freedom.

Pisces Feb. 20 - March 20
You are going to have to make some major decisions over the next few days, the kind of decisions that have far-reaching consequences. Don't put them off in the hope that they might go away. Be brave.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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